



## UCSB Graduate Student Wellness Program

# CALENDAR

### Winter 2020 Events

1/16

#### GSA Homemade Coffee Workshop

*Session 1 @ 6pm-7pm, Session 2 @ 7pm-8pm | GSA Lounge*

Become a barista and learn how to make various coffee beverages you can whip up at the GSA Lounge! French press, pour over and cold brew methods will be explored with Carrie Flack, RD. **Register at [bit.ly/w20coffee](https://bit.ly/w20coffee)**

2/6

#### GSA Painted Cabernet Workshop

*6:00pm - 8:00pm | GSA Lounge*

De-stress as you learn to paint (no experience necessary) while meeting other grads! **Register at [bit.ly/w20paint](https://bit.ly/w20paint)**

2/27

#### GSA Massage Techniques Workshop

*6:00pm - 8:00pm | GSA Lounge*

Learn basic massage techniques with a partner from a licensed massage therapist. **Register at [bit.ly/w20massage](https://bit.ly/w20massage)**

#### GSA Rejuvenation Station | Thursdays, 2-4pm @ GSA Lounge

Take a quick break from writing at the weekly GSA Rejuvenation Station! Destress with a professional chair massage, mindful activities like meditation and coloring. Take a 20 minute power nap and grab some hot tea and a snack.

#### UCSB Graduate Student Wellness Program

Earn Wellness Points for attending free wellness workshops and events on campus to redeem for prizes! Learn more and sign up at [wellness.ucsb.edu/grads](https://wellness.ucsb.edu/grads)

